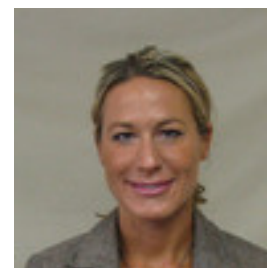


**Adventure2 Spotlight:****Stephanie Johnson Bates**

Administrative Assistant III in the Department of Chemistry and the Department of Physics & Astronomy

**When did you start working at Iowa State?**

January 2021

**In general, what are your thoughts on Adventure2 and the ISU WellBeing program?**

This is the best wellness program I have been in. It's literally a life changer if you get involved and stay active with it. There is so much to choose from: improving exercise habits, eating habits, spending habits, mental health and much more. There are even points given to you for completing a mammogram or writing handwritten thank you cards to people. It's very comprehensive— there are points offered for tracking your sleep patterns, ensuring you drink enough water, learning new work and home skills and the list goes on. I could talk forever about the program because it's so wonderful.

**What made you start participating in the program?**

It looked fun and seemed similar to a wellness program offered at a previous job. However, they are night and day. Adventure2 is in a realm of its own because it covers all areas of our health and wellness.

**What do you get out of being a part of Adventure2? What do you most enjoy about it?**

I love that I'm learning new things and how to improve myself. It's fun to see how I've learned new skills, even something as simple as thinking about whether a purchase is a need or want. I don't buy the things I would have before, and as a result I have more money in my pocket and an understanding that it wasn't something I needed after all. My favorite part of Adventure2 is the daily tracking, which tracks your points and level progression. Plus, there are bonuses like free gift cards and prizes for achieving certain levels – but that's not why I do it. I do it because it keeps me on track in my life skills and pushes me when I'm not utilizing my life to its best ability.

**How has Adventure2 impacted you in your work life?**

I have a lot more energy from being involved in Adventure2. This helps me with work. You can participate in group activities and track those, as well as receive points for walking with a coworker at lunch. This is great for meeting new people and forming friendships in the workplace, which is important!

**Has it impacted your life outside of work? If yes, how?**

I am much happier because of my involvement in Adventure2. I feel better, which helps my interactions with family and friends. My energy level is much higher than it

was in January. I have lost weight since January because of my involvement with the program, and I feel better in general. It has pushed me to go for a walk or a run when I'm tired, and when I'm done I feel grateful. After that, I can go and track my points.

### **What Adventure2 achievement levels have you reached?**

I believe I'm at 4,200 points. It's not hard to get points; you just have to be consistently involved and track your achievements. If you don't want to track points, you can still do the activities.

### **Favorite thing about Adventure2?**

The all-around wellness of body and mind that can be achieved from one program. That and being happier now that I am involved in the program.

### **Would you recommend participating in Adventure2 to other employees?**

Everyone would benefit from this program, and you can have a lot of fun doing it! It's not hard and you can be involved at your own level. If you want to feel better, look better and be more productive, you should go online and sign up for it!

[Click here to get started with Adventure2!](#)

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## **Pathways to Fall:**

### **How ISU WorkLife will support employees in their return to a pre-pandemic work environment.**

At the start of the pandemic, the ISU WorkLife team quickly developed a variety of virtual programming designed to support and care for the ISU community. These presentations, conversations and workshops provided staff and faculty with the opportunity to engage, discuss, learn and process.



Our **Pathways to Fall** plan is a similar idea, featuring many of the same programming pieces as our pandemic response, with a few additions and alterations. It is designed to provide care, compassion, opportunity and connection for our ISU community as we navigate our return to a pre-pandemic work environment.

### **Cyclone Family Network**

- Open forum for conversation and socialization about current issues and topics most affecting family life.
- Held once a week
- Runs from June 7-August 16
- Click [here](#) to register



### **WorkLife Connections**

- Speakers present topics related to

**FYI:** Joleen Frideres LMHC, IADC, MPA joins WorkLife Connections every third

- individual and family well-being.
- Held once a week
- Runs from June 14-August 11
- Email [wellbeing@iastate.edu](mailto:wellbeing@iastate.edu) for a calendar invite

Wednesday through the month of September to process our thoughts, feelings and emotions as we transition from the pandemic and look toward the future.

### Mid-Morning Mindfulness

- Guided mindfulness practice for stress reduction and focus.
- Held twice a week
- Runs from June 14-August 12
- Click [here](#) to register

### Everyday Inspiration

- Open-ended listening/sharing sessions for employees to socialize, connect and informally discuss challenges and successes impacting both professional. and personal lives
- Held weekly, Thursdays from noon-1 p.m.
- Runs from June 17-August 12
- Register here



### Friday Walk and Talks

- Facilitated 20-minute walk and conversation. Virtual or in-person. Earn 15 Adventure2 points for each walk you join.
- Held once a week
- Runs from June 11-August 13
- Click [here](#) to join the Webex meetings

**FYI:** For those of you working on campus, you can meet our small group in front of Beardshear Hall at 12:10 p.m. and walk with others on our beautiful campus.

### EAP Workshops

- Variety of topics presented by Employee and Family Resources relevant to the needs of our ISU community.
- Held once a month
- Ongoing

### Meditation 301: Beyond Mindfulness - Cultivating Positive Emotions

- Guided meditation series facilitated by Prof. Douglas Gentile. Sessions will focus on meditation techniques designed to cultivate easier access to positive emotions, given that it may be a stressful time for those returning to work post-COVID.
- Held once a week
- Runs from June 14-August 9
- Click [here](#) to register

### Am I Hungry? Mindful Eating Program

- Eight-week mindful eating program to support employees with nutrition and eating challenges.
- Held weekly, Wednesdays from July 28-September 15
- Registration coming soon

### Counseling

- Free counseling provided by an Employee and Family Resources counselor.

Status of whether counseling will be in-person or remote is pending.

- Sessions ongoing

## Adventure2

- Online well-being and engagement portal that supports the health and well-being of participants.
- Ongoing opportunity
- Click [here](#) to get started

## Strolls for Well-being at ISU

- Pilot of self-guided strolls/walks in partnership with Center for Excellence in Learning and Teaching (CELT) will be launched in July. The intention is to make time for quiet reflection and contemplation at identified stops along a path on campus. It will be a way to engage in self-care and work/life balance while helping to reduce stress, ease feelings of being overwhelmed, or when you just need a break.
- Dates TBD
- If you'd like to participate in the pilot, please reach out to Sue Tew-Warming at [sue2@iastate.edu](mailto:sue2@iastate.edu).



## Resources/Information Available

In addition to the above live programming and events, ISU WorkLife has cultivated a variety of web resources and information for employees to access at their convenience:

- **Mental Health:** <https://www.wellbeing.iastate.edu/care-resources>
- **Child Care:** <https://childcare.hr.iastate.edu/child-care-services>
- **Finances:** <https://www.wellbeing.iastate.edu/financial-wellbeing>
- **Recordings of past events and presentations:** <https://worklife.hr.iastate.edu/events/recordings>
- **Communications** – ENGAGE (bi-monthly newsletter), Caring for Our Community (weekly newsletter)
- **WorkFlex program (coming October 2021)**

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## Cyclone Family Network

ISU WorkLife and Family Services is excited to announce a new resource for university staff and faculty: **Cyclone Family Network**. The Cyclone Family Network (CFN) is a group of individuals who come together for an hour of conversation about the current issues and topics most affecting family life. CFN provides an opportunity for hearing about the experiences of others, sharing what's on your mind (if you choose), and connecting with colleagues across the university. CFN is hosted by ISU WorkLife and Family Services - but driven by ISU community members who choose to participate. Please send questions or comments about the Cyclone Family Network

to [worklife@iastate.edu](mailto:worklife@iastate.edu).

### What is the purpose of the Cyclone Family Network?

- Connect individuals and families in similar situations or life stages with one another for the purpose of informal support and/or socialization
- Provide information and resources relevant to all aspects of family life and stages as needed/requested
- Facilitating open discussions about issues or events that impact family life



### Who can join the Cyclone Family Network?

CFN is intended for all university staff, faculty and post-docs at any and every stage of life. Don't let the word "family" mislead you – CFN is not limited to parents, caregivers or any traditional definition of family. **Anyone looking to connect and find support is welcome to attend!**

### When does the Cyclone Family Network meet?

Every week! But you are welcome to attend as many or as few meetings as you'd like. Schedules are set by semester, with regularly scheduled breaks announced in advance, usually coinciding with university holidays and the end of each semester. **During summer 2021, CFN will meet Mondays from 11 a.m.-noon beginning June 7 via Zoom.**

### How do I join?

To register for the summer 2021 CFN meetings, click [here](#). Registration with your ISU email address is required. During the registration process, you will be able to choose which dates you'd like to attend.

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## Mark Your Calendars: Post-Pandemic Webinars with a Mental Health Counselor

ISU WorkLife is excited to be partnering with Jason Haglund, local mental health counselor and leader in the behavioral health field, to host webinars about moving forward post-COVID. On May 20, Jason was the keynote speaker at the [City of Ames Mental Health Wellness, Recovery and Resiliency public forum](#).

*"I was able to attend the Mental Health Forum Jason spoke at a few weeks ago. He is very personable and extremely knowledgeable about all things related to mental health, wellbeing and the effects of COVID-19. I thoroughly enjoyed learning from Jason and being able to interact with him!"*

*- Kinsey Phillips, Mental Health Advocate, ISU Police Department*

### Moving from Confusion to Thriving: Life in an (Almost) Post-Pandemic World with Jason Haglund

- Thursday, June 17 at 2 p.m.
- Click [here](#) to register

Many have experienced disruptions of home and work life since the pandemic began. Whether it is stress, anxiety, depression or foggiess, chances are you can relate to one of those feelings in the last 15-plus months. To move forward in an (almost) post-pandemic world is going to be a big transition. Are you ready to relearn the things that in life before COVID seemed so normal? Join Jason and let's talk about how to let go and grieve, so that we can move forward and thrive.



### **Welcome Back, Kind Of: The Age of Starting Over with Jason Haglund**

- Wednesday, June 23 at 10 a.m.
- Click [here](#) to register

Moving forward after a disaster has its ups and downs. Are you prepared for the seas of emotion you and your co-workers may experience as a result of the new and different practices and expectations in many workplaces post-pandemic? Join Jason and learn how to shift from a mindset of transition to starting over and explore the different ways you can adapt to thrive.

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ENGAGE is an ISU WellBeing/University Human Resources publication. If you have comments, questions or suggestions for story ideas, please email [wellbeing@iastate.edu](mailto:wellbeing@iastate.edu).